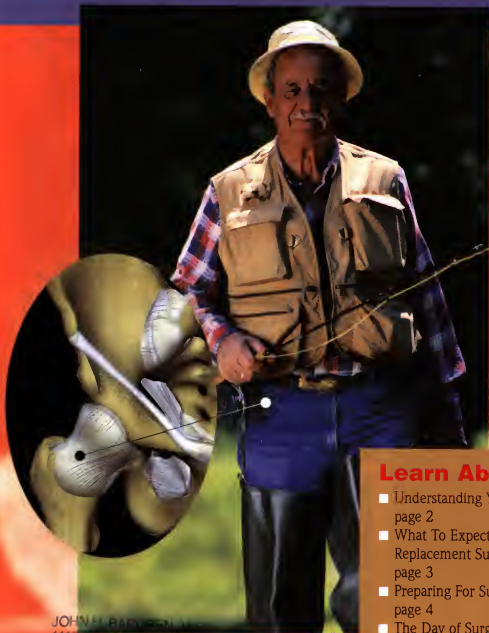


Total Hip Replacement Surgery

Repairing Your Problem Hip



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Understanding Your Hip

Basic Hip Anatomy

Your hip joint allows you to sit, stand, bend and walk. Understandably, when this joint wears down or is damaged, even the simplest of movements can become painful.

The joint itself is composed of two parts; the socket (also called the acetabulum) and the head of the thigh bone (femur), also called the "ball". The ball rotates within the socket, allowing you to move your legs in a range of directions.

The ball and socket are both covered in soft tissue called cartilage, which allows for smooth, easy movement of the hip joint. Over time, the components of the hip joint can become damaged or wear away, causing stiffness and pain.



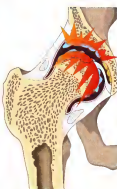
Common Causes Of Hip Joint Pain

Some of the most common causes of hip joint pain are:

- ☐ **Osteoarthritis** – a condition where the cartilage deteriorates, resulting in painful friction between the ball and socket.
- ☐ **Inflammatory Arthritis** – which can cause inflammation in the joint lining, resulting in stiffness and pain.
- ☐ **A Hip Fracture** – or other serious injury, which has never healed properly.
- ☐ **Necrosis** – a condition where insufficient blood supply causes the bone to actually die, and the joint to decay.
- ☐ **Wear And Tear** – on the hip joint over a period of years.



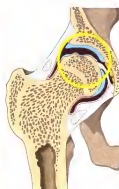
Osteoarthritis



Inflammatory Arthritis



Hip Fracture



Necrosis

When Surgery Is Recommended

Total hip replacement surgery is generally only recommended in cases where the pain does not respond to non-surgical treatment (such as medication) and is severe enough to prevent the patient from performing normal, everyday activities.

What To Expect From Hip Replacement Surgery

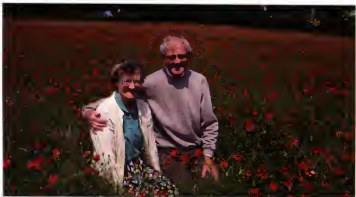
Considering Your Options

Hip replacement is rarely a case of life or death, though, living with chronic pain can be unbearable for many people. Before recommending hip replacement surgery, your physician will carefully examine and diagnose your condition. With the help of your physician, you'll need to decide whether hip replacement surgery is right for you.



The Results

Following surgery, most patients can expect to resume near-normal movement, and nearly all patients experience at least some degree of improved motion. Most patients can also expect increased leg strength, easier movement and an improved quality of life.



Preparing For Surgery

Diagnostic Tests

Prior to surgery, your physician will conduct a complete physical examination to determine the condition of your hip and your overall state of health. Your doctor will review your medical history and inquire about any medications you are currently taking. It's very important to inform the doctor about all medications you are taking, including over-the-counter drugs. The examination may also include x-rays and blood tests.



Planning

You can make the recovery process considerably easier by planning ahead. Plan to have someone help you around the house in the weeks following surgery. If no one is available to help you in your home, you might consider staying in an extended care facility.

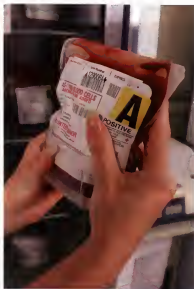
If your home has more than one floor, try setting up a temporary bedroom on the ground floor, since going up and down stairs will be difficult in the weeks following surgery.

Useful Tools

Helpful items to have on hand include a pair of long handled "reachers", which prevent you from having to bend over. Practice picking up objects with the reachers before surgery so that when the time comes, you won't have any difficulty. You may also want to prepare a shower seat and an elevated toilet seat in advance.

Donating Blood

A blood transfusion is often necessary following hip surgery. If you wish to receive your own blood, you'll need to make a donation of several pints of blood before surgery. You should discuss this possibility with your physician.



Reviewing The Risks

Every surgical procedure involves some element of risk. Possible but unlikely complications of total hip replacement surgery include the formation of blood clots in the legs or lungs, pneumonia, infection, and stiffness. In many cases these risks can be avoided by carefully following your physicians instructions.

The Day Of Surgery

Pre-Operative Procedures

You will be instructed not to eat or drink anything after midnight on the night before your surgery. To make the procedure as comfortable as possible, you will be given a general anesthetic which will put you to sleep.

The Hip Replacement Surgery

During total hip replacement surgery, the ball of the hip is cut from the thighbone, which is smoothed and prepared. A new socket is inserted into the pelvis. This is usually done usually by press-fitting, then securing the socket with screws or cement. Tiny pores on the surface of the artificial socket allow space for your bone to grow. Next, a new hip stem is put into the top of the thighbone. After securing the stem in place, usually with surgical cement, the new ball and socket of the hip are joined. Your incision from this surgery will probably be about 8 to 12 inches in length, running in a somewhat vertical direction.



Following Surgery

Following surgery, you can expect to remain in the hospital for up to one week. Your physician will probably recommend a few days of bed rest to allow your new hip to set properly and begin healing. Pain medication will be prescribed as needed.



Returning Home

Physical Therapy

As soon as possible, your physician will recommend a series of physical therapy exercises designed to help you return you to a normal range of movement. These will include walking, stair climbing and other specific exercises. Be sure to ask your doctor for detailed home recovery instructions before leaving the hospital.

Call Your Doctor If...

Conditions that should be called to your physicians attention as soon as possible include:

- Swelling
- Unusual hip or leg pain.
- Fluid leakage from the incision.



Frequently Asked Questions

How do I know if I am a candidate for total hip replacement surgery?

After a thorough examination, your physician will make a recommendation regarding surgery. Generally speaking, you are a candidate if you experience hip joint pain that is severe enough to prevent you from carrying out normal daily activities and your pain is not responsive to non-surgical treatments.



What are the risks of total hip replacement surgery?

As with any major operation, there are some risks associated with total hip replacement surgery. Unlikely, but possible complications include blood clots, pneumonia, infection and stiffness.

What can I expect after total hip replacement surgery?

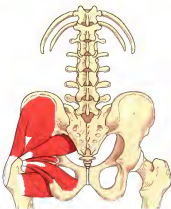
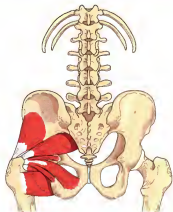
Most patients experience a considerable decrease in pain and increase of movement, but a prosthesis has a more limited range of motion than a healthy hip.

How long will it take to recover?

You will probably remain in the hospital for up to one week. Your energy level will probably remain low for approximately six weeks following surgery.

When will I be able to drive?

Generally speaking, it's recommended that you wait 4-6 weeks before driving a car.



Making the Right Choices

Following a few simple guidelines will help you to get the best results from your new hip.

DO

- ☐ Use a cane if necessary.
- ☐ Use chair handles to lift yourself into a standing position.
- ☐ Ask for assistance lifting heavy objects.
- ☐ Sit with feet at least six inches apart.
- ☐ Use a long-handled reacher to pull up sheets & blankets.
- ☐ Walk normally and practice your physical therapy routine.

DON'T

- ☐ Place excess weight on your new hip.
- ☐ Sit in a chair without handles.
- ☐ Lift heavy objects on your own.
- ☐ Sit or lie down with your legs crossed.
- ☐ Bend over to pick up objects.
- ☐ Perform strenuous physical activities.

Special Physician Instructions

Use area below and to the left to provide patient with specific detailed information and instructions.

Getting Back On Your Feet

The success of your total hip replacement surgery is in part dependent on you. By following your doctor's instructions carefully and completing the physical therapy requirements, you greatly increase the likelihood that you will have a pain-free, functional hip following surgery. In that case you can anticipate enjoying normal activities and getting back into the swing of things in a reasonably short time.



Patient Questions

Write your questions below.

A Matter Of Fact

Most artificial hip patients are 55 years old or over, though occasionally younger people have the operation as well. In approximately 90% of all patients, young and old, total hip replacement results in a significant amount of pain relief.

